




































































October Menu

2024

Meatless Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
	<p>1</p> <p>Bean & Cheese Pupusa with Tortilla Chips  Crispy Chicken Sandwich Boar's Head Hummus & Pretzels , Granola Bar & String Cheese </p>	<p>2</p> <p>Grilled Cheese Sandwich  Orange Chicken with Brown Rice Yogurt & Granola  Fortune Cookie </p>	<p>3</p> <p>Pasta with Grass Fed Beef Bolognese  EUSD Cheese Pizza  EUSD Sausage & Pepperoni Pizza  Benefit Bar & String Cheese </p>	<p>4</p> <p>Grass Fed Beef Hotdog Soft Pretzels with Cheese Dipping Sauce  Yogurt & Granola  Fresh Baked Oatmeal Raisin Cookie </p>
7	8	9	10	11
<p>Homemade Bean & Cheese Burrito  EUSD Cheese Pizza  EUSD Margarita Pizza  Yogurt & Granola </p>	<p>Baja Fish Taco with Tortilla Chips Chicken Tenders Impossible Burger (plant-based patty)  Boar's Head Hummus & Pretzels , Granola Bar & String Cheese </p>	<p>Homemade Macaroni & Cheese  with Chik'n Nuggets (plant-based)  Chicken Cornedog (Nitrate free) Yogurt & Granola </p>	<p>Fiesta Nachos  with Grass Fed Organic Beef  EUSD Cheese Pizza  EUSD Pepperoni Pizza  Benefit Bar & String Cheese </p>	<p>Brunch for Lunch (French Toast & Grass Fed Pork Sausage)  Mozzarella Breadsticks & Marinara  Yogurt & Granola  Fresh Baked Chocolate Chip Cookie </p>
14	15	16	17	18
<p>Pasta with Butter Parmesan Sauce  & Mozzarella Breadstick  EUSD Cheese Pizza  EUSD Pineapple Pizza  Yogurt & Granola </p>	<p>Crunchy Grass Fed Organic Beef Taco  Grass Fed Beef Hotdog Impossible Burger (plant-based patty)  Boar's Head Hummus & Pretzels , Granola Bar & String Cheese </p>	<p>Cheese Quesadilla  Chicken & Waffles Yogurt & Granola </p>	<p>Boar's Head Turkey & Cheddar Sub Sandwich  EUSD Cheese Pizza  EUSD BBQ Chicken Pizza  Benefit Bar & String Cheese </p>	<p>Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Homemade Macaroni & Cheese  Yogurt & Granola  Fresh Baked Sugar Cookie </p>
<p>Fall Break October 21-25</p>				
28	29	30	31	
<p>Spaghetti with EUSD Marinara & Garlic Bread  EUSD Cheese Pizza  EUSD Margarita Pizza  Yogurt & Granola  Whole Fruit Popsicle </p>	<p>Cheese Chili Verde Tamale with Tortilla Chips  Crispy Chicken Sandwich Boar's Head Hummus & Pretzels , Granola Bar & String Cheese </p>	<p>Grilled Cheese Sandwich  Orange Chicken with Brown Rice Yogurt & Granola  Fortune Cookie </p>	<p>Fiesta Nachos  with Grass Fed Organic Beef  EUSD Cheese Pizza  EUSD Pepperoni Pizza  Benefit Bar, String Cheese & Fruit Smoothie </p>	<p>Meals are <u>FREE</u> for all EUSD Students Adults/Staff & Visitors: \$6.00 for Lunch \$4.00 for Breakfast</p>

Daily Salad Bar:

Fresh, Seasonal, California-Grown!
Unlimited Daily Salad bars are part of every school lunch, featuring EUSD Farm Lab Grown organic lettuce and seasonal veggies!

Mondays: Locally Grown Apples & Jicama
Tuesdays: California Grown Avocados & Cantaloupe
Wednesdays: Pineapple Chunks & Fallbrook Organic Finger Limes
Thursdays: Petite Bananas & Locally Grown Dassi Farms Cucumbers
Fridays: California Grown Orange Slices
Various dressings are offered daily including a  option.

Breakfast Menu

Breakfast is served daily before school. Breakfast includes a choice of entrée, fruit, yogurt, smoothie, milk, and string cheese.

Monday: Banana Bread & Assorted Cereal
Tuesday: Maple Belgian Waffle & Assorted Cereal
Wednesday: Fresh Baked Scone & Twin Bars
Thursday: Mini Pancakes & Assorted Cereal
Friday: Blueberry Oat Breakfast Bar & Cinnamon Crumble



Contains Pork: 
Gluten Free: 
Scratch-made: 
Vegetarian: 

School Meal Information

To view school menus, nutrition facts, and meal program information, visit our EUSD Child Nutrition Services website for more details (<https://www.eusd.net/departments/child-nutrition-services>) or download our Mobile Menu App at www.schoolcafe.com.

Lunch includes: 1 entrée, unlimited salad bar (full of local/organic fruits & veggies), locally sourced milk, and any side items. No paperwork is needed to receive free meals at school. To receive lunch, students will either scan their lunch card or enter their four-digit pin number when they go through the lunch line (both provided at the beginning of the SY). If you have any questions or concerns, please email Lea Bonelli, Director of Child Nutrition Services: lea.bonelli@eusd.net.

Food Allergies:

- A variety of Gluten Free (GF) and vegetarian entrees are offered throughout the week. Some GF entrées are GF without the bread/bun/tortilla/etc. Corn tortillas available upon request. We serve GF items, but our kitchens are not GF facilities.
- Plant-based menu options available daily upon request (Hummus & Pretzels, Sunbutter Sandwich, Balsamic Dressing)
- We do not serve any entrées that contain peanuts or tree nuts; however, we are not considered a nut free facility. Items may be processed in facilities that also process nuts and other allergens.
- If your child needs a special meal accommodation, please fill out the Request for Special Meals Form (found in the Allergies section of the CNS webpage) and return to your school nurse. Accommodations forms must be signed by a medical professional.

**Menus are subject to change without notice **

This institution is an equal opportunity provider.

MEET OUR VENDORS KNOW OUR PRODUCTS

CREAM CO. MEATS



Cream Co. works with over 20 sustainable, regenerative, and organic family farms in northern California. Our beef, pork and chicken come from a variety of farms including Mary's Chicken and Beeler's Pork.

EUSD FARM LAB



Our certified organic EUSD Farm Lab provides seasonal produce for our salad bars at every school. This includes organic lettuce, carrots, cucumbers, tomatoes, corn, beets, etc. Not to mention all of the tomatoes used in our scratch made pizza and pasta sauces.

DICKINSON FAMILY FARMS



Based in Fallbrook, Dickinson Family Farms provides, local, seasonal, and organic produce to our schools, including dragonfruit, finger limes, oranges, apples, avocados, etc.

HIDDEN FOODS



Started by an Encinitas USD mom, Hidden Foods packs nutrition and "hidden" fruits and veggies into their delicious breakfast muffins served to our students.



LOPES FAMILY FARMS RICE

This family-owned organic farm in Princeton, California, utilizes an ancient Chinese rice farming technique that incorporates ducks into the cultivation of brown rice. The ducks eat weeds and bugs while enriching the soil with nitrogen and organic matter. Their organic rice can be found in a variety of EUSD entrees.



BOAR'S HEAD

High quality deli meats and cheeses, free of preservatives and nitrates, while also using whole muscle proteins. Their turkey and cheeses can be found in our deli sandwiches, grilled cheeses, quesadillas, and on our salad bar.



GIUSTO'S ORGANIC FLOUR

Based In San Francisco, Giustos high quality, organic flour (wheat and all-purpose) is used in our pizza dough and fresh baked goods.



DASSI FAMILY FARM

Based in Leucadia and San Marcos, Dassi Family Farm is a local, sustainable greenhouse providing delicious, seasonal tomatoes and cucumbers for our salad bars.